MILWAUKEE COUNTY SENIOR DINING



ELKS LODGE 5555 W. GOOD HOPE ROAD

FOR CURBSIDE PICK-UP







| Department on Aging | | | 11 4 | 0 00 |
|-----------------------|-------------------------|--------------------------|-------------------------|--------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Grilled Burger w/ 3 | Lasagna 4 | Soft Chicken Taco 5 | Peachy Pork Roast 6 | Roast Beef & Gravy 7 |
| Mushrooms & Swiss | Italian Veggie Blend | Flour Tortilla | Mashed Sweet Potatoes | Baked Potato/Sour Cream |
| Whole Grain Bun | Garden Salad/Dressing | Shredded Lettuce, Cheese | Sautéed Spinach | Broccoli |
| Baby Bakers | w/Cucumber & Tomato | Tomato, Sour Cream | Wheat Bread | ♣Apple Cherry Juice |
| Carrot Raisin Salad | Garlic Bread | Refried Beans | ✓ Orange Juice | Buttermilk Biscuit |
| Fruit Cocktail | Pistachio Pudding Cake | Southwest Rice | Snickerdoodle Cookie | Rice Krispie Treat |
| | ♥ Fresh Pear | Pineapple | ♥ Fruit | → Banana |
| Chili Dog 10 | Baked Chicken 11 | Boneless Pork Roast 12 | Beef Tips 13 | A. Fried Fish |
| Whole Wheat Bun | Wild Rice Blend | Mashed Potatoes/Gravy | w/Mushrooms | B. Baked Fish |
| Au Gratin Potatoes | Normandy Vegetables | California Vegetables | Buttered Noodles | French Fries |
| Whole Kernel Corn | Whole Grain Dinner Roll | Garden Salad/Dressing | Green Beans Almondine | Creamy Coleslaw |
| Fresh Orange | Grapes | Oatmeal Bread | Whole Wheat Dinner Roll | Marble Rye Bread |
| Fruited Yogurt | Brownie | Cinnamon Applesauce | Mandarin Oranges | Fresh Fruit Cup |
| 17 | 18 | DINE@FIVE 19 | 20 | 21 |
| Shredded BBQ Pork | Italian Meatballs/Sauce | DINE®LIVE | Tuna Salad | Turkey Tetrazzini |
| Coney Bun | Spaghetti w/Sauce | Broasted Chicken | on Leaf Lettuce | with Pea Pods |
| German Potato Salad | Parmesan Cheese | Broasted Potatoes | w/Tomato & Cucumber | Garlic Breadstick |
| Succotash | Brussels Sprouts | Black-Eyed Peas | Croissant | Marinated Vegetables |
| | Italian Bread | Cornbread | Sun Chips | ✓Orange Juice |
| Oatmeal Raisin Cookie | Fresh Pear | Apple Crumble | Melon Wedge | Vanilla Pudding |
| ♥ Raisins | | Fresh Apple | | ▶ Lo-Cal Vanilla Pudding |
| Fettucine Alfredo 24 | A. Supreme Pizza 25 | Glazed Ham Steak 26 | Meatloaf 27 | Fish Filet Sandwich 28 |
| w/Chicken & Broccoli | B. Cheese Pizza | Quartered Red Potatoes | Gravy | Whole Wheat Bun |
| Chef's Vegetables | Tossed Salad/Dressing | w/Butter & Parsley | Mashed Potatoes | Tater Tots |
| ∵ Grape Juice | Garlic Bread | Asparagus Tips & Cuts | Honey-Glazed Carrots | Carrot Sticks |
| Italian Bread | Cottage Cheese | Rye Bread | 7-Grain Bread | Marinated Bean Salad |
| Lemon Meringue Pie | Peaches | Pineapple Cake | Sliced Pears | Chocolate Chip Cooke |
| Fresh Orange | | ♥ Pineapple Tidbits | | ♥ 100-Cal Cereal Bar |
| CLOSED 31 | DECEDVAT | LIUNIS DEC | IIIDED — | |



RESERVATIONS REQUIRED

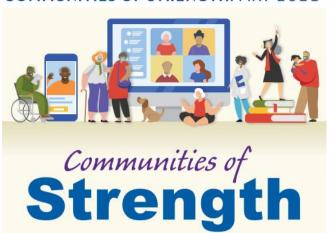
9:30 - 11:30 24-HOUR NOTICE







COMMUNITIES OF STRENGTH: MAY 2021



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Milwaukee County, as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, we will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.



LOOK FOR JOY IN THE EVERYDAY

Celebrate small moments and ordinary pleasures by taking the time to recognize them.

Start a gratitude journal

Share a happy moment with someone

· Say Thank You



REACH OUT TO NEIGHBORS

Creating and maintaining neighborly connections keeps us safe and strengthens our communities.

· Leave a small gift on doorstep · Offer to help with chores · Share flowers or veggies from your garden



BUILD NEW SKILLS

Thave a skill you are willing to share? Reach out to teach others!

Learning a new skill exercises the brain, improves mood and can foster new relationships.

Take an online art class

Join an outdoor yoga lesson

Learn to identify constellations



SHARE YOUR STORY

Recognize the value of storytelling & contribute your experience to this time-honored tradition.

· Ask others to share their story · Initiate conversations that invite others to engage



Call to Submit Questions or Schedule a Consultation. (414) 289-6995

While there is no charge for our Senior Diners, Contributions are always welcome.







